



# SISTER ANNUNCIATA BETHELL OLDER ADULT CENTER

BEDFORD PARK MULTI-SERVICE CENTER FOR SENIOR CITIZENS, INC.

243 E. 204TH STREET BRONX, NY 10458

TEL. 718-365-3725 FAX: 718-365-3960



BI-WEEKLY MENU SEPTEMBER 25 - OCTOBER 6, 2023

**SERVED DAILY: 8 oz. 1% Milk, 1 tsp. Butter & 1 Slice Wheat Bread & Water**

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29
<b>ITALIAN STEW</b>  <b>POTATO WEDGES</b> <b>BROCCOLI &amp; RED PEPPERS</b> <b>GARDEN SALAD</b>  <b>BANANA</b>	<b>CHESSE TORTELLINI</b>  <b>MEATBALLS</b> <b>GREEN BEANS</b> <b>GARDEN SALAD</b>  <b>ORANGE</b>	<b>GINGER GARLIC BEEF STEW</b>  <b>BROWN RICE</b> <b>CALIFORNIA BLEND</b> <b>GARDEN SALAD</b> <b>BLUEBERRIES &amp; STRAWBERRIES</b>	<b>EGGPLANT PARMESAN</b>  <b>PASTA SPINACH</b> <b>GARDEN SALAD</b>  <b>CANTALOUPE</b>	<b>BAKED FISH</b>  <b>BAKED SWEET POTATO</b> <b>CARROTS</b> <b>GARDEN SALAD</b>  <b>APPLE</b>
MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
<b>BBQ CHICKEN</b>  <b>BROWN RICE</b> <b>NORMENDY BLEND</b> <b>GARDEN SALAD</b>  <b>BLUEBERRIES &amp; STRAWBERRIES</b>	<b>MEATLOAF</b>  <b>O'BRIEN POTATOES</b> <b>CARROTS W/ PARSLEY</b> <b>GARDEN SALAD</b>  <b>BANANA</b>	<b>THREE BEAN CHILI W/ CHEDDAR</b>  <b>SPICED POTATOES</b> <b>CORN &amp; RED PEPPERS</b> <b>GARDEN SALAD</b> <b>GRAPES</b>	<b>BAKED CHICKEN</b>  <b>SWEET POTATO SLICES</b> <b>BROCCOLI</b> <b>GARDEN SALAD</b>  <b>CANTALOUPE</b>	<b>BAKED SLAMON</b>  <b>MASHED SWEET POTATOES</b> <b>STRING BEANS</b> <b>GARDEN SALAD</b>  <b>PEAR</b>

**MAKE SURE TO CALL AT 9 AM TO RESERVE YOUR MEAL.**

FUNDED UNDER CONTRACT WITH THE N.Y.C. DEPARTMENT FOR THE AGING, AS PART OF THE TITLE III C NUTRITION PROGRAM OF THE OLDER AMERICANS ACT. ADMINISTERED BY THE N.Y.C. OFFICE FOR THE AGING. VOLUNTARY CONTRIBUTIONS ARE AN ESSENTIAL PART OF THE OPERATING BUDGET.

*Please Turn Over...*